



liberty middle - High School - CAFETERIA MENU 2016/17

BREAKFAST AND LUNCH - SERVED DAILY **FREE** OF CHARGE TO ALL STUDENTS

(Breakfast served in the classroom at Liberty Middle School)

**A COMPLETE MEAL MUST INCLUDE A MINIMUM OF 3 ITEMS - ONE OF WHICH MUST
BE A FRUIT OR VEGETABLE:**

HOT PLATE, VEGETABLE, FRUIT, JUICE AND MILK **OR** SANDWICH/WRAP, VEGETABLE,
FRUIT, JUICE AND MILK **OR** SALAD BAR MEAL, JUICE AND MILK



DAILY SANDWICH OFFERINGS

CHICKEN TENDER WRAP

CHICKEN SALAD ON WW KAISER ROLL

HAM AND CHEESE ON WW KAISER ROLL

TUNA SALAD ON WW BREAD

TURKEY AND CHEESE ON WW KAISER ROLL

PBJ - EVERY DAY!



SALAD BARS ARE HERE AT LCSD!

***GIVE JUNK FOOD THE BOOT; EAT MORE
FRUIT (AND VEGGIES)!
MAKE YOUR SALAD A RAINBOW***



CAFETERIA CONTACT INFORMATION

292-5400 EXT 2018 HS, 5104 MS

USDA is an equal opportunity employer

ALACARTE MENU

PBJ ON WHOLE WHEAT BREAD \$1.05 EA

SANDWICH OR WRAP \$2.55 EACH

4OZ. CUP OF FRUIT OR VEG \$.65

GARDEN SALAD (NO MEAT OR CHEESE) \$2.10

PIZZA SLICE OR 2ND MAIN \$2.00

PIECE OF FRUIT - VARIETY \$.65

ADULT BKFST \$2.50 LUNCH \$3.75 PLUS TAX

SNACKS

CHIPS - VARIETY \$.80

STRING CHEESE \$.30

NUTRIGRAIN BARS \$.80

WW COOKIES \$.80

BEVERAGES

1%, SKIM, FF CHOCOLATE OR STRAWBERRY MILK
\$.55 EA

ASSORTED FLAVORS OF 100% FRUIT JUICE \$.55
EA

BOTTLED WATER \$1.00, GATORADE \$1.05

SWITCH 100% SPARKLING FRUIT JUICE \$1.05 EA

COFFEE \$.75 CUP